

Clean Version of Amended Claims:

1. (Four Times Amended) Footwear for protecting a foot consisting essentially of:  
    a vamp of an upper consisting of a single and continuous unit extending from a toe region to an instep region extending laterally across the footwear from a left-most side to a right-most side of the footwear; and  
    a liner positioned beneath said instep portion and consisting of a single and continuous piece; and  
    an elastic instep guard positioned between said instep portion and said liner to protect a metatarsal section of the foot, said instep guard including an elastic support having a plurality of hollow passages and extending from said toe region to said instep region of said vamp.

24. (Amended) Footwear for protecting a foot, comprising:  
    a vamp of an upper extending from a toe portion to an instep portion;  
    a liner positioned beneath said instep portion;  
    a steel toe positioned beneath said toe portion;  
    an elastic guard positioned between said instep portion and said liner and including a plurality of hollow passages; and  
    said elastic instep guard is in direct contact with said steel toe and extends from said steel toe toward said instep portion for providing continuous protection to the foot.